Shopping and nutrition

Learn the basics

by LAURA POLLOCK

Mrs. Marianne Creasy, Home Economist Extension Assistant of Columbia County, spoke Thursday, in the Multi-purpose Room of Kehr Union on "Food Shopping Techniques and Basic Nutrition," The program was designed to familiarize students with food shopping practices, cooking techniques and the preparation of well-balanced meals.

Mrs. Creasy discussed using comparative shopping in the grocery store. She said it was a good idea to shop at different stores in order to compare prices and find the better bargain.

She stressed that meat should be bought by cost per serving instead of cost per pound because the fat and bone are added into the poundage. She also said that the average person eats about three ounces of lean meat. Eating rice, bread and hamburg can also extend your meat money.

The shopper should also know their seasons for vegetables. Knowing when vegetables are in season and out, can save the shopper money.

Comparing store and national brands can save money. Many store brands are cheaper and just as nutritious as a national brand.

The shopper should compare package sizes as compared to prices and consider whether the product will be used before the spoilage date.

Convenience foods should be rated and compared, such as T.V. dinners, because by the time you reheat a T.V. dinner most of the vitamins have been cooked out.

The shopper should appraise specials by using the coupons and flyers that come in the mail. But it is not to the benefit of the shopper to buy products on sale that he or she does not use. Adding small savings can also help the shopper for instance, by using dry milk in cooking which is just as nutritious as regular milk.

Mrs. Creasy continued that shoppers should avoid unnecessary extras such as chips, pretzels, and cola which add fat to the body and use money in the limited budget.

Mrs. Creasy then answered questions concerning shopping techniques. A question was raised as to buying dented cans. Mrs. Creasy answered that buying dented cans is fine as long as there is no bulge on the opposite side of the dent which indicates that air has been admitted to the inside of the can. Shoppers should make sure that the can is sealed.

Mrs. Creasy closed by saying that cost, family likes, the cooking method, time to prepare and nutritive value should be considered when shopping.

Mrs. Creasy is located on the third floor of the courthouse if there are any questions concerning food shopping techniques. The program was sponsored by the college Housing Office under the direction of John Abell, Director of Housing.

IMPORTANT...Students, faculty and staff who park their cars on campus will be required to report any license number changes to the Campus Law Enforcement Bureau nu April 1, 1977 or a five dollar fine will result.

Screening for V. P. nears end

by RICK SITLER

Over nine months ago, a committee of twelve consisting of faculty and students was formed to find someone to fill the position of Vice-President of Academic Affairs, vacated by the resignation of Dr. Dayton Pickett last spring.

The immediate question that came to mind was who could handle the responsibilities of the office left behind? An answer was found in one Dr. Richard Wolfe, then Dean of Extended Programs, who

stepped forward to serve as acting V.P. until a highlyqualified individual could be found.

With this question answered for the moment, it was decided that a committee be formed to carefully search and screen candidates for the position. A representative committee was chosen, with faculty members being selected by the faculty assemblage. Dr. John McLaughlin was named chairperson. The selection of student members was left entirely to the discretion of CGA

President Tom Mulhern. It was decided that representatives be chosen from the three areas of study. Selected were Tom Mulhern, Professional Studies; Donna Hauck, Arts & Sciences; and Pierce Atwater, Business Administration.

Once the committee was formed, needed procedures were adopted; thus Richard A. Kaplowitz's pamphlet Selecting Academic Administrators: The Search Committee was approved as a frame of reference.

Drawing from Kaplowitz's pamphlet, certain qualifications necessary to the position in question were defined in accordance with the College's commitments to affirmative action and equalopportunity provisions. In general, what this means is seeking the best possible person regardless of race, sex, age, or other discriminatory factors.

With these points in mind, the position was then advertised through various publications. Among these, the Chronicle of Higher Education and the New York Times drew the highest responses.

Of the original 160 applicants reviewed through the first screening process, a sizeable

number were eliminated due to underqualifications. The main criteria examined throughout the second and major screening emphasized the attributes of applicants aimed at the area of publications or similar evidence of intellectual distinction and

scholarship, administrative experience, teaching experience, and a terminal degree. With this in mind, the committee was able to concentrate on a selection from a group of 20 top candidates.

Through further evaluation via telephone interviews, five names were forwarded to committees set up to review candidates separately. These five, of which four are still being considered, were invited to the college for personal interviews.

With careful consideration given to these final choices. three names will be presented to President McCormick of which the final decision is his upon approval by the Board of Trustees of BSC.

Symposium

Results available

by GEORGE SHALOKA

Although Symposium '76 took place over four months ago, the compilation of the enormous amounts of reports and records are just now reaching the first stages of completion.

As Koslosky, faculty coordinator for the Symposium, stated in his opening address, it will take at least a year to fully compile and implement the total results of the Symposium. Since the total report is over 200 pages long, Koslosky pointed out that it would be impossible to type up and duplicate over 5000 copies for distribution to everyone. However, C.G.A., the Campus Voice, and all academic departments, among others, will receive copies of the total report.

In addition, Dr. Silber's Keynote Address at the Symposium, which has been considered by some critics to be the educational address of the decade, will be available through department chairpersons and in the library.

The total compilation of the results and recommendations of the symposium will be released in three mailings to the above recipients. The first mailing will be released shortly, and will consist of the four major addresses: Dr. John Silber's; Caroline Byrd — "The Case Against College"; "Personalized Instruction" from the Georgetown University; West Virginia University's presentation of "Cybernetic Teaching."

The next mailing, set for March, deals with "Teaching Technique Delivery Systems."

The April mailing will represent the reports of the sixteen workship and discussion groups.

All of these will be available for reading, research, or for looks at new approaches to training.

It is hoped that through the Representative Assembly and the Committee of Academic Affairs some of the changes seen needed by the Symposium will try to be implemented.

There was a fear among many people in the college, notably members of the administration and faculty, that the students of BSC might not be able to handle the intellectual atmosphere of the Symposium, but the attendance of the student body proved them wrong. Statistics show that up to one-third of the students here became involved with some facet of the Symposium at one time or another, which is considered exceptionally high. According to researchers from West Virginia University, it is good to get fivepercent attendance at such affairs.

Many people, both student and faculty, put an extraordinary amount of time and effort into bringing about the Symposium, for which none received any extra credit or pay. They feel strongly that many good things will undoubtedly come out of the Symposium, but these changes and adjustments will just take time to get through the channels of red tape and bureaucracy before they can come about.



SO YOU WOULD LIKE TO BECOME A JOURNALIST...Washington Post reporter, Warren Brown spoke to BSC students last Thursday and Friday. He answered many questions concerning his reporting on Capital Hill.

Bowling team flies into competition

by HOLLY MILLER

The Bowling Club looks like they are headed in the right direction under the coaching of Tim Wagner, Recreational Service Manager.

Thoughts of forming the Bowling Club began to come together in October '76, try-outs were in the end of November

and their first match was in December. Since the beginning of the spring semester, the club has had matches with East Stroudsburg, Shippensburg and Montgomery County Community College. East Stroudsburg was played twice.

The men's team (2-2) consists of Denny Strohl, president;

Brian Auchey, vice president; Tom Mooney, Bill Snyder, cocaptain, Mark Wolfe, Scott Cheek and Dave Harr. Harr and Mooney led with high averages of 185 and 184 respectively.

The women (1-3) are Julie Pekarik, secretary and cocaptain; Claudia Zsvec, treasurer; Wendy Keiper, Cea Cea Alexander, Dot Weaver, Linda Green and Sherrie Meyers. Green and Zsvec lead the women with high averages of 169 and 163 respectively.

Coach Wagner is pleased with the bowlers, but he is convinced that there are many good bowlers in the college community. He urges all those interested to come to the lanes Thursday nights at 6:30 and 8:00. Anyone may play in the club, but not everyone may bowl intercollegiately. The club can carry up to 15 members on the men's team and 15 on the women's team. Women are

needed since there are only seven in the club presently.

Other competition for the Huskies include Penn State (main campus), University of Maryland, and Penn State (capital campus).

The home matches are Saturday at 1:00. The next home match is April 2, with Penn State (capital campus).

Coach Wagner hopes for more matches and more tournament play. He added that the Clubs' future depends largely on fund raisers and funding from other sources.

"Ladies in Retirement"

Pass-fail options help take the pressure away by HOLLY MILLER fail option. He believes it is up to student's major and a student the individual to decide if he sure many students have the individual to decide if he stream to the individual to the individua

I'm sure many students have found themselves in the same situation I found myself in this semester. I wanted to take a math course so I could fulfill my science requirements. Because I'm an English major and I didn't think I could devote enough time to the course, I took it pass - fail. So far I've found that the pass - fail option is great because it takes a lot of pressure off of me. Pass - fail allows me to still spend most of my time on my major, and yet I can enjoy my math course because I know I can learn the material without worrying about a grade that could hurt my cum.

Dr. Wolfe, Vice President for Academic Affairs, expressed his agreement with the pass - fail option. He believes it is up to the individual to decide if he she wants to use this option. He warns students that graduate schools look upon pass - fail negatively if it is in their major. He also warns those students who wish to change their major that if their pass - fail is in their new major, the letter grade is revised on their transcript.

Pass - fail in student teaching is questionable, according to Dr. Wolfe.

Dr. Griffis, Vice President of student life, likes the idea of pass - fail. He believes it gives the students the opportunity to get a touch of some other area of study without affecting their cum. According to Griffis, the guidelines for the pass - fail option are tight enough.

"Since pass - fail can't be in a

student's major and a student can't take more than four passfail options throughout his - her schooling, the option can't be abused", stated Dr. Lysiak, Academic Advisor. He added that pass - fail encourages a student to take a course they normally wouldn't take for credit.

Mr. Schnure, Assistant Registrar, believes pass - fail is a good concept, but he also believes too many students are using it for an "easy out", just to get credits. "Nationally," Schnure reflected, "according to statistics, the pass - fail option is a pendulum swinging backwards. Many graduate schools, especially law schools, have a dim view on pass - fail." Schnure is very opposed to pass -fail in student teaching. "It is a dis-service for students because of few job openings."

In talking with students about pass - fail, the majority agreed that it was a good option.

According to the BSC 1976-1978 Bulletin, a student may elect courses on a pass-fail basis after attaining sophomore standing. Not more than four courses may be included of minimum graduate requirements. Also courses taken pass - fail must be electives in discipline of Arts and Sciences beyond requirements of students' specialization. No more than two courses per term are allowed to be taken pass fail. The instructor is not informed that a student is taking the course pass - fail for the purpose of saving any prejudice. If a student receives an "E" in a course, the course may not be taken pass - .fail (continued on page four)

Length detracted from the effort

by EILEEN CALLAHAN

Effective scenery and camaraderie among cast members leant to an all-around interesting presentation of "Ladies in Retirement" by the Bloomsburg Players.

The play, set in rural England circa 1885, centered around the efforts of a woman to care for her two "peculiar" sisters. This involved murder, and its effect on the woman, Ellen Creed, ably played by Bernadette Haas.

Previously seen as the concerned neighbor in "Come Back, Little Sheba", Haas has once again proved her skill as an actress. Stringing the feelings of the audience along, she elicited their pity, hatred and finally, their sympathy, proving that Ellen Creed was more of a tigress than a dour stick in the mud. She gave a solid performance.

Diane Danzer and Jody Meola gave memorable performances as the peculiar sisters, opposite the gloomy dramatics of Haas, they gave the whole performance the needed depth.

Danzer as the airy sister with a flighty character kept both the audience interested as well as the play. Meola as the gloomy, stubborn sister proved to be the foreboding one in the family.

Bill Ide gave an intriguing performance as the rakish, fugitive nephew of Miss Haas. Arriving on the first scene to get some money from his aunt, he returned later in the show to get things rolling with his inquisitiveness and his interest in the maid who was played by Joan Davis.

Davis' performance was uneven at the beginning, but as time passed, she became at ease as the flirtatious maid who loses her innocence to Ide, "an affable young gentleman."

Although the cast worked well together, there were times when the three hour performance became tedious. Heavy lighting at times left the audience noting the period piece props instead of the show.

At times, there was an unnecessary use of special effects, sometimes over-dramatizing a point, and leaving the actors continuing awkwardly with their lines.

Even though the actors worked well together, at times the length of the play detracted from their efforts.

Take home for Mother A new pair of earrings

from

The Studio Shop

Letter to the Editor

Dear Editor:

In reference to the Al Stewart concert, I would like to express my opinions on behalf of the fellow students of this institute of higher education. I wonder how many of my peers got ripped off like I did?

It was a rather brisk day and I didn't feel much like going to those boring classes, so I blew them off. I was more in a mood to party in preparation for Al Stewart's performance. Smoking a "Boge," I trucked over to the union and decided to relieve my frustrations on the pinball machines. Lo and behold, I detected an ugly voice over the P. A. System, "Attention please, attention please, the Al Stewart concert has been cancelled due to a sudden illness of Mr. Stewart, all tickets can be redeemed atetc., etc." At first I was just bummed out, and the mellow

THE CAMPUS VOICE

Executive Editor - Dale Myers Business Manager -Jerry Eisenhart Managing Editor -Peggy Moran

Published by the students of Bloomsburg State College

mood I was enjoying had been destroyed! Then I totally flipped out. I kicked the hell out of the pinball machine and tilted 25 cents worth of games. After this occurrence, I remembered I had just paid \$16 last night for 2 tickets off some turkey scalper in the dorm. Wow man, I had just incurred a deficit of \$6.25, considering the tickets were \$4.00 at cost. What's the moral of this Al Stewart story? Never kick a pinball machine when pissed off or pissed on!!!

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Bogle blasts old black actor roles

by GENE W. WALTERS

Depicting what Donald Bogle terms "black actors always answering the demands of the screen after the 1920's, and the use of black actors during the 1930's to cheer up audiences," was the subject of "Toms, Coons, Mulattoes, Mammies and Bucks," a series of slides showing black history in American films. The slides, accompanied by narration were seen by a largely enthusiastic crowd of 150 students and faculty in Kehr Union on Wednesday.

Bill Bo Jangles Robinson was the first black "Tom" actor to make movie audiences more aware of "the war fought against fascists abroad — who is now ready to fight it at home," Bogle said.

"Unfortunately," Bogle said "Toms are not taken seriously, for they supported the system, and became white American heroes."

White actor, Al Jolson is famous for the coon character image that he played on occasion. On the screen, Jolson "clowns, buffoons—like a lazy hazy crazy figure. Sammy Davis Jr. is a modern coon star, who was cast as a lackey first with Dick Nixon," Bogle exclaimed.

Black performers often transcend their material, and have excelled despite the restrictions placed upon them by white movie makers, Bogle exclaimed. One of the most difficult images for black actors to overcome, has been "the black servant, always there when the white man needed them," Bogle feels.

Mulattoes in films, especially black women "must be as close to white ideals as possible, or else they will end up unfulfilled or unhappy." "Tragically," Bogle related "black mulattoes have been forced to sympathize with blacks who are forced to pass for whites."

Black female actor Dorothy Dandridge had an impact on the film community, because "she was made to look as white women do," Bogle said. Modern black actresses, even though they are very attractive, are "often depicted as whores in movie casts."

"Sexual black men who always had a hard time of it," are referred to as "bucks" by Bogle. "In the 1930's and 40's, blacks were mostly weak and soft."

"Because of the 1930's and 40's," Bogle said, "the black audience in the 60's has become more desperate." This has led to the modern playboy image of "Shaft" and "Superfly," found in the movies of the same name and further exploitation in such movies as "Blacula."



GETTING BURNT? Well, sort of. Here Mrs. Rosemary Orgler does her etching by burning wood in a demonstration last week in the KUB.

(Photo by McMullin)

Phys. Ed changes

The Physical Education requirements at Bloomsburg State College are as follows:

- 1. 4 credits of Physical Education activity courses.
- 2. The ability to pass a minimal Swimming competency.

In order to facilitate meeting the requirements, the Department of Health, Physical Education and Athletics has done the following:

- 1. A wide variety of lifelong sports activities are offered.
- 2. Varsity Athletics.
- 3. Varying levels of course expertise are offered.
- 4. Proficiency exams are offered in many of the activity areas (Credit by examination).
- 5. Examples of meeting requirements:
- A. 4 activity courses including Swimming competency.
- B. Varsity Athletics plus

activity courses.

- C. 4 credits in Aquatics.
- D. 4 activity courses including Aquatics.
- 6. Exemptions:
- A. 30 year age requirement.
- B. Military exemption.
- C. Medical exemption.

WBSC - Album Hour Changes in Latitudes by Jimmy Buffet Thursday at 10:00 p.m. WBSC - 640 AM

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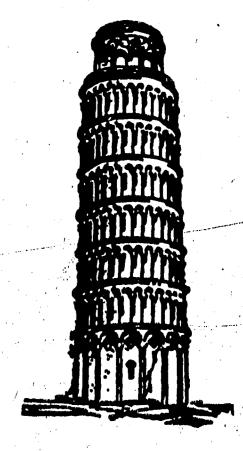
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Cagers lose game, title

by AL SCHOCH

The Bloomsburg State cagers went into Saturday's game with Mansfield State hoping for a share of the east division championship with Cheyney. But the Mountaineers doused any hope for the Huskies with a 75-66 overtime win.

The game was nip and tuck in the opening minutes as neither team could open up a lead more than two points. With eight minutes remaining in the half, the Huskies got their act together. Cheered on by the standing room only crowd, Steve Bright led a BSC outburst by scoring six points, as the Huskies ran a 22-21 lead to a 32-21 margin. (Al. Williams and Rich Evans each contributed a

bucket in that 10 point run. On defense, the Huskies were controlling the Mounties' attack, allowing them only one shot on every offensive rush. The Huskies led at the half, 36-27

The second half was a nightmare. After Williams hit on his patented jumper to open the half, the Huskies went stone cold and the Mounties got red hot. Mansfield switched to a zone defense to cut off Bright's inside game, and used the shooting of Duane Dodwell, Stan Mahan, and David Whitfield to close the gap. Finally, at the 10 minute mark, Andre Stanley hit on a layup to put Mansfield ahead at 41-40, and a few seconds later Mahan

96, Edinboro 65½, Slippery

Rock 54½, Kutztown 41¾, In-

diana 1334, Mansfield 1. In-

dividual champions during the

tournament included Bill

DePaoli (118), Andy Zook of

increased the lead to three points with a 15-foot jumper. When the Huskies tied the game at 44 on a Warren bucket at the six minute mark, it was only the sixth point in 13 minutes, as Mansfield scored 17 points.

After Jerry Radocha had tied the score at 48, Dodwell scored eight points in a 10-4 Mansfield spurt to give the visitors a 58-52 lead with three minutes remaining. Then, Warren, known more for his assists, scored four straight points to cut the MSC lead to two points, with two and a half minutes to go. The Mounties made a key steal and converted it to a bucket, and had a four point lead with one minute left.

It was a clutch situation for the Huskies, and they came through. Bright hit on a hook shot to make the score 60-58, and Warren canned two crucial foul shots to tie the score with 38 seconds left. Mansfield had the ball and tried a last second shot to win the game, but it didn't fall and the game went into overtime.

Bright's two free throws, after a MSC free throw, put the Huskies ahead for the last time at 62-61. After MSC took the lead on a bucket by Mike Ward, Bright was hit for his fifth foul, and Jeff Slocum was called on to replace him. From then on, it was all downhill for the Mounties. Whitfield, Stanley, and Ward led the Mounties on a 16-4 surge for the remainder of the contest, for the final 75-66 score. A fight between some of the players, as well as fans, forced the game to be called with 22 seconds, which is a lousy way to end a successful season.

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Capelli wins at 177, team 6th

by CRAIG WINTERS

Sophomore wrestler, Andy Capelli, was the lone Husky to claim an individual crown in last weekend's Pennsylvania State Conference Championships at Clarion as the Huskies finished a disappointing sixth. In addition to Capelli, the Huskies had six

other place winners during the competition as the Huskies compiled a total of 96 team points. Contributing to the cause were Joe Dougherty (118) and Tom Fink (126) both finishing sixth, Dan Lechner and Mel Sharp (190) checking in with fifth place efforts, Carl Poff (167) claiming fourth and

Tino DiMarco (hwt) finishing second.

Clarion was the individual champion as they piled up 155½ points, followed closely by Lock Haven with 142½ points. Team standings of other squads are as follow: California 120½, Millersville 98½, East Stroudsburg 97½, Bloomsburg

Swimmers wind up 4th

by BONNIE EPLETT

Bloomsburg swimmers came home with a fourth place finish in the State Championships held at West Chester last weekend. Although there were only seven swimmers representing BSC, the team did a fantastic job against large and established schools such as Edinboro and Clarion.

Clarion ran away with the Championships with 540 points. Edinboro had 254, Indiana 250, Bloom 201, ESSC 181, Shippensburg 150, Kutztown 114, Slippery Rock 110, West Chester 63, and Millersville 49.

Thursday's events started with the 500 yd. Freestyle. Pete Dardaris failed to place for BSC but made up for this during Saturday's events. Wayne Richards swam the 200 I.M. with a time of 2:05.66; he took fifth in the consolation finals which put him in eleventh place over-all.

The 50 yd. Free proved to be a disappointment in the conference as no records were broken as expected. Stu Marvin and Klinbowski from Clarion both recorded a 22.10, but the judges awarded first place to Klinbowski.

The Medley Relay team of Steve Price, Doug Thran, Richards, and Marvin were unbelievable during the preliminaries swimming a 3:39.58 and putting them in the top contention for the Championship race. During that race

they brought their time down to 3:38.89, but lost the event to Clarion and Edinboro by only .7 seconds. This time qualifies them for both Easterns and Nationals. In the one-meter diving, Gary Havens couldn't quite get it together for the preliminaries and failed to go any further.

Keith Torok proved his worth on Friday during the 200 Free. Torok swam 1:45.9 to break the school record by four seconds, and also place second in the race, just being touched out by less than .5 seconds. Richards had a bad break during the 100 Fly as the judges gave a bad start. The race was re-started but Richards couldn't get back out in first position and finished the race in third place with a time of 54.4. Steve Price took third in the 100 Back with a 56.02, which qualifies him for Easterns.

Thran swam the 100 Breast in 102.6 which gave him second place and a chance at Easterns also. The 800 Free Relay, a race not usually swum during dual meets, was seen by Torck, Richards, Jim Balchunas and Marvin. The squad took sixth place with a 7:25.1.

BSC had a tremendous day Saturday, as most of those swimming bettered their own times. Marvin took a third in the 100 Free with a 48.1 and Torok came in fifth during this event. Both Price and Dardaris qualified for Nationals in the 200

Back with times of 2:03.43 and 2:03.7, respectfully. Price's time gave him a fourth in this

In the last swimming event, the 400 Free Relay, BSC went four seconds under the team record with a 3:13.6. Richards, Price, Torok, and Marvin, who had been having trouble in this event, really put it together and qualified for Nationals, although they only took third in the event by being touched out by Clarion and Edinboro.

Pass-fail

(continued from page two)

later.

The only complication noted by Dr. Wolfe is the time period allotted in the beginning of each semester. As of now, it is approximately only two weeks, yet this short time period is not mentioned in the BSC 1976-1978 catalog and many students don't realize this until it's too late to schedule for the pass fail option. Dr. Wolfe said the pass - fail policy should be reviewed soon.

Other than that minor problem, pass - fail is an option neatly constructed to serve the students so they can broaden their education without any grade assessment.

Spinners

George Harrison

ELO

Millersville (126), Tim Mc-Canley of Lock Haven (134), Mike Moore of Lock Haven (142), Gary Kessel of East Stroudsburg (150), George Way of Lock Haven (158), Rick Peifer of Slippery Rock (167), Andy Capelli at 177, Jim Bradshaw of Edinboro (190 and Jack Campbell of Clarion (hwt).

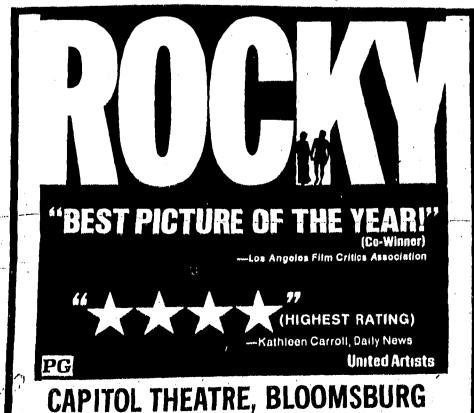
In winning his first PSCAC championship, Andy Capelli avenged a disappointing tie with Millersville's Dennis Fenton by troucing his foe 8-2.

championship, Andy Capelli avenged a disappointing tie with Millersville's Dennis Fenton by troucing his foe 8-2. Capelli entered the tournament as the top seed and in so doing, earned a first round bye. Capelli never had to take the mat in advancing to the finals as he was awarded a victory in the semifinals as Kutztown's Bill Young defaulted. Tino DiMarco also received a first round bye on the basis of his second seed ranking. The soph advanced through the quarter-finals as he Tim flattened Howell (Millersville) in 1:31. DiMarco moved into the finals with a 5-0 whitewash of Bill Katernoski, but dropped a disappointing 6-1 decision to Clarions Jack Campbell to finish second.

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